

Summer Safety

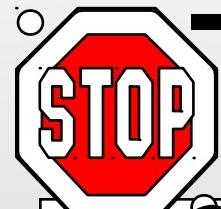
Developed By The Army Safety Center
<http://safety.army.mil/home.html>



Unsafe Acts

Modified By Jim Mooney CNRF For Navy Use

Summer Safety

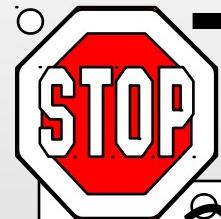


Unsafe Acts

CNRF Summer Safety

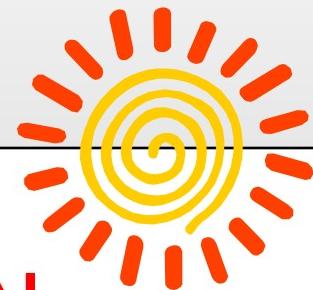
- Heat Injuries
- POV Safety
- Recreation Safety
- Sports Safety
- Water Safety
- Outdoor Safety

Summer Safety



CNRF Summer Safety

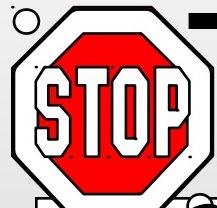
Unsafe Acts



HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for Heat Injuries increase. Heat Injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

Summer Safety



Unsafe Acts

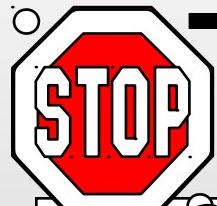
CNRF Summer Safety



HEAT INJURY PREVENTION

- Drink Plenty of Water
- Avoid Heavy Meals At Lunch Time
 - Maintain A Well Balanced Diet
 - Wear Light Colored Clothing
- Use Sunscreen, SPF 15 Or Higher

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Unsafe Acts

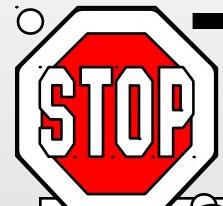
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HEAT INJURY PREVENTION

- Follow Recommended Work / Rest Cycle
 - Keep Areas Well Ventilated
 - Schedule Outdoor Activities During Cooler Part Of The Day

Summer Safety



Unsafe Acts

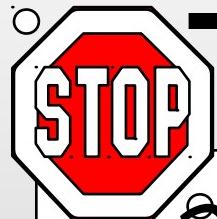
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HEAT INJURY PREVENTION

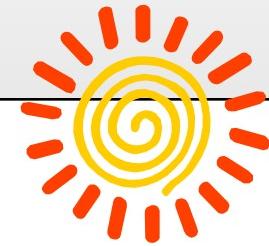
- Use The Buddy System
- Monitor Those At Risk
- Use Common Sense

Summer Safety



Unsafe Acts

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SUNBURN PREVENTION

- Use Sunscreen - SPF 15 or Higher
- Moderation - Avoid Extended Exposure During Peak Hours (1000-1600)
 - Avoid Repeated Exposure
- Seek Medical Care If Severely Burned

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Unsafe Acts

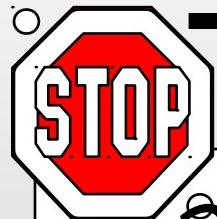
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HEAT RASH



- Skin Irritation Caused By Excessive Sweating In A Hot Humid Environment
- Appears As A Cluster Of Pimples Or Small Blisters

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Unsafe Acts

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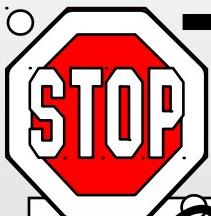
HEAT RASH



PREVENTION AND TREATMENT

- Baby Powder With Corn Starch
 - Cool Shower
 - Avoid Lotions And Creams
- Frequent Change Of Clothing

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Unsafe Acts

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HEAT
CRAMPS



Summer

Safety

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Unsafe Acts



CAUSE

Excessive Loss Of Salt From The Body

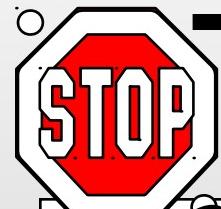
SYMPTOMS

Painful Cramps Of The Major Muscle Groups
(Arms, Legs, Or Stomach)

TREATMENT

Provide Cool Water - Shade - Monitor

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Unsafe Acts

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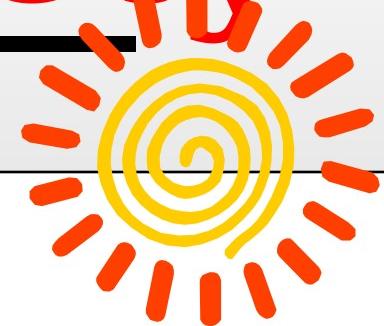
HEAT
EXHAUSTION

Summer Safety



Unsafe Activities

Surf Summer Safety



CAUSE

Excessive Loss Of Salt And Water In The Body

SYMPTOMS

Profuse Sweating - Headache - Paleness - Weakness
Nausea - Cool Moist Skin - Tingling Sensation In Extremities

TREATMENT

Provide Water - Shade - Elevate Feet - Monitor
Seek Medical Attention Immediately

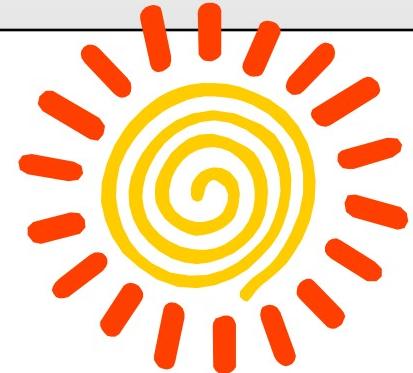
Summer Safety



Unsafe Acts

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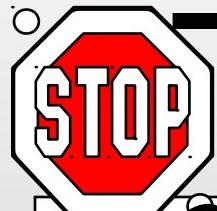
HEAT



STROKE

- MEDICAL EMERGENCY -

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Unsafe Acts

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CAUSE

The Body's Heat Regulatory Mechanism Stops

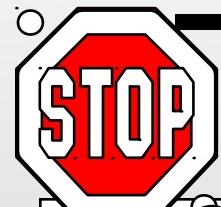
SYMPTOMS

Headache - Dizziness - Delirium - Weakness - Nausea
Red, Hot Skin - Unconsciousness

TREATMENT

Seek Medical Attention Immediately - Cool Shaded
Area - Soak Clothing And Fan - Elevate Feet
Massage Extremities

Summer Safety

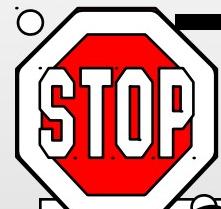


CNRF Summer Safety
Unsafe Acts

POV Safety



Summer Safety



CNRF Summer Safety
Unsafe Acts
POV Safety

Vehicle Crashes are the

→ #1 ←

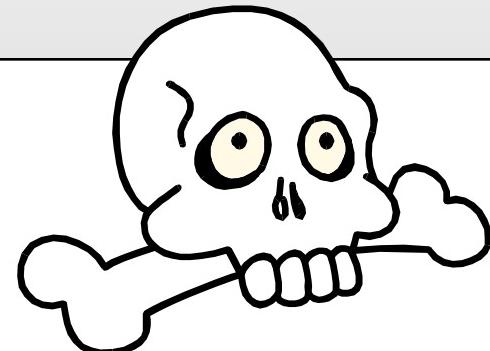
Killer of Sailors

Summer Safety



CNRF Summer Safety
Unsafe Acts

POV Safety

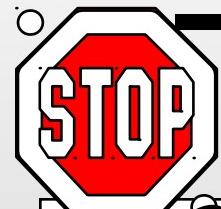


1 Sailor Dies Every 5.0 Days in a POV Crash

So far, in FY95-99, **32 Sailors** have perished in POV Crashes.

As of
5/31/00

Summer Safety



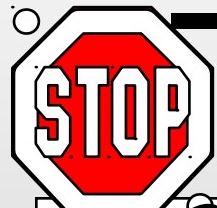
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Unsafe Acts

POV Safety

What Factors Influence our Risk?

- Age
- Seat Belts
- Vehicle
- Alcohol
- Fatigue
- Location
- Speed

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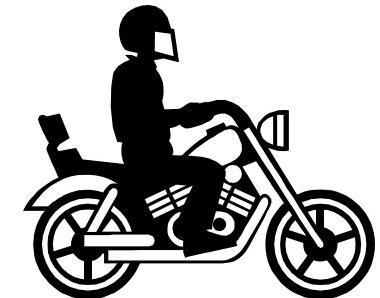


Unsafe Acts

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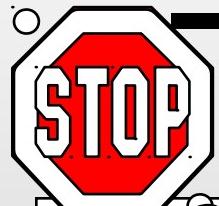
POV Safety

Age



Sailors who are **26 or less** are at the highest risk. In FY 97-99 risk for Sailors who are 26 or less is over **60% greater** than for Sailors over 26.

Summer Safety



Unsafe Acts

CNRF Summer Safety

POV Safety

Alcohol



The Intoxicated Driver is **15x** more likely to be involved in a crash and to be fatally injured than a sober driver. During FY 97-99 alcohol was involved in **36%** of the traffic deaths to Sailors.

Summer Safety



Unsafe Acts

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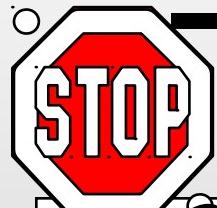
POV Safety

Fatigue



During FY 97-99 fatigue was a factor in
11% of the traffic deaths to sailors.

Summer Safety



Unsafe Acts
CNRF Summer Safety

POV Safety

Speed

The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react and reduces the ability to safely negotiate the road. During FY 97-99 speeding was involved in 29% of Sailors traffic deaths. **Speed Kills!**

Summer Safety



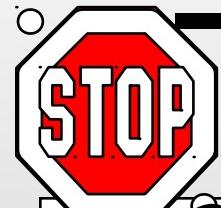
Unsafe Acts

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POV Safety

1. Don't Drink and Drive
2. Use a Designated Driver
3. Wear Seatbelts
4. Obey the Speed Limit

Summer Safety



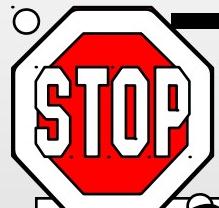
Unsafe Acts

CNRF Summer Safety

POV Safety

5. Don't Drive When You're Tired
6. Take Rest Breaks
7. Adjust Speed For Conditions
8. Don't Follow Too Close

Summer Safety



Unsafe Acts

CNRF Summer Safety

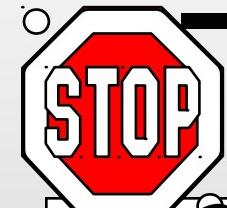
POV Safety

9. Maintain Your Vehicle

10. Drive Defensively

Arrive Alive

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Unsafe Acts

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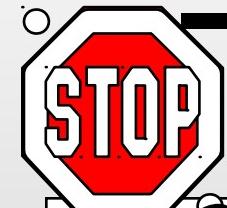


Recreational Safety

Taking part in leisure activities
for fun and health.

Follow these guidelines before
engaging in outdoor activities..

Summer Safety



Unsafe Acts

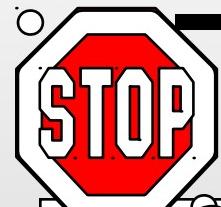
CNRF Summer Safety



Recreational Safety

- Get in Shape
- Choose Exercise for Your Age and Conditioning
- Start Slowly

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Unsafe Acts

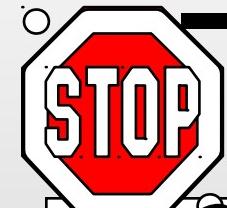
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Recreational Safety

- Start with Warm-Up
- Finish with Cool Down
- Know Your Exercise Limits
 - Dress Appropriately

Summer Safety



Unsafe Acts

CNRF Summer Safety



Sports Injuries

More Sailors are injured playing sports than performing job related activities.

Which sport.....?

Summer Safety



Unsafe Acts

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Sports Injuries



Basketball is the most frequent sports injury producer in the military.

Summer Safety



Unsafe Acts

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Sports Injuries

Before taking the court..

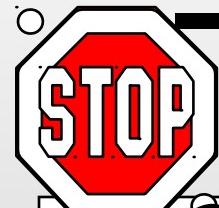
- Warm up
- Keep physically fit. Fit Sailors are less prone to accidents



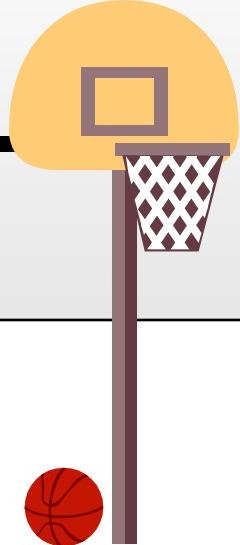
Summer

Safety

CNRF Summer Safety



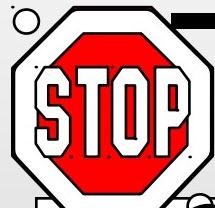
Unsafe Acts



Sports Injuries

- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level
- Observe the rules

Summer Safety



Unsafe Acts

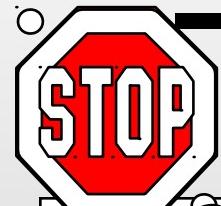
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Sports Injuries

- Ensure playing floor is free of water, dirt, and slick spots
- Check goal supports and ensure it's properly mounted and not loose.

Summer Safety



Unsafe Acts

CNRF Summer Safety



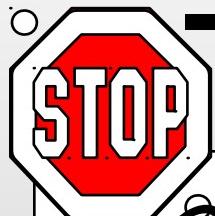
Bicycle Safety

- Bicycle Crashes Result in 800-900 Deaths per Year Nationally
- 90% of Bicycle Related Deaths Involve Collisions with Motor Vehicles

Summer

Safety

CNRF Summer Safety



Unsafe Acts

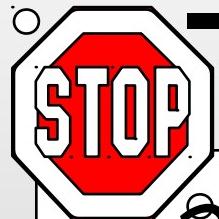
Bicycle Safety

Before you ride.....



- Inspect Your Bicycle
- Wear a Helmet
- Inflate Tires Properly
- Check Your Brakes

Summer Safety



Unsafe Acts

CNRF Summer Safety

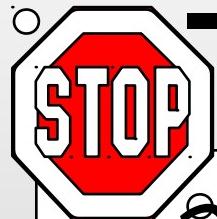
Bicycle Safety

When you ride.....



- See and Be Seen - Wear light colored, reflective clothing
 - Use a Backpack
 - Avoid Riding at Night

Summer Safety



Unsafe Acts

CNRF Summer Safety

Bicycle Safety

When you ride....



- Ride Single File with Traffic
- Obey Traffic Signs, Signals, and Lanes
 - Use Proper Hand Signals
 - Stay Alert for Road Hazards

Summer Safety



Unsafe Acts

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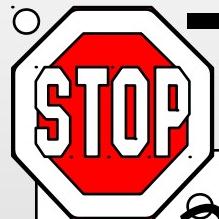
Bicycle Safety

When you ride.....



- Watch for Motorists
- Stay Out of Drivers Blind Spots
- Ride Far Enough From the Curb to Avoid the Unexpected from Parked Cars

Summer Safety



Unsafe Acts

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Jogging Safety



- Pace Yourself
- Good Running Shoes are Essential
 - Always Jog Against Traffic
 - Avoid Running in Heavy Traffic
 - Be Seen While Running
 - Finish with Cool Down
- Headphones are Prohibited

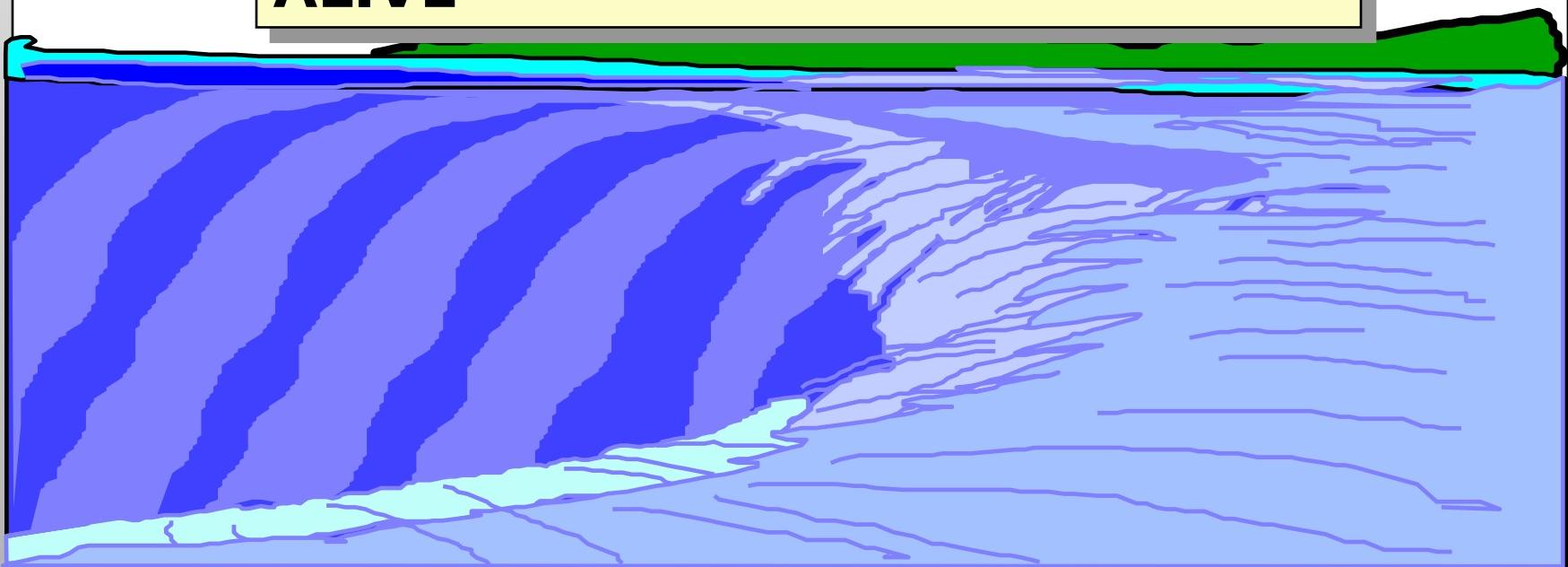
Summer Safety



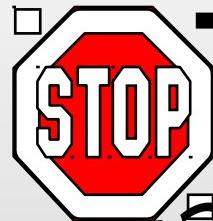
Unsafe
Acts

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WATER SAFETY
BE WATER WISE AND STAY
ALIVE



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Unsafe Acts

Be Safe around Water

Drownings.....

- Are the leading recreational killer of military
 - Most often occur during off-duty recreational boating or swimming
 - Frequently related to alcohol use

Summer Safety



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Unsafe Acts

Be Safe around Water

- Learn to swim
- Use the buddy system
- Know “your” limits
- Swim in supervised areas
- Obey “NO DIVING” signs



Summer Safety



CNRF Summer Safety
Unsafe Acts

Be Safe around Water



- Don't drink and swim
- Wear PFD's when boating and fishing
- Know the weather conditions
- Use common sense - don't swim

after

Summer Safety



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Unsafe Acts

Watch out for the “Dangerous Too’s

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity



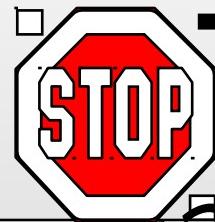
Summer Safety



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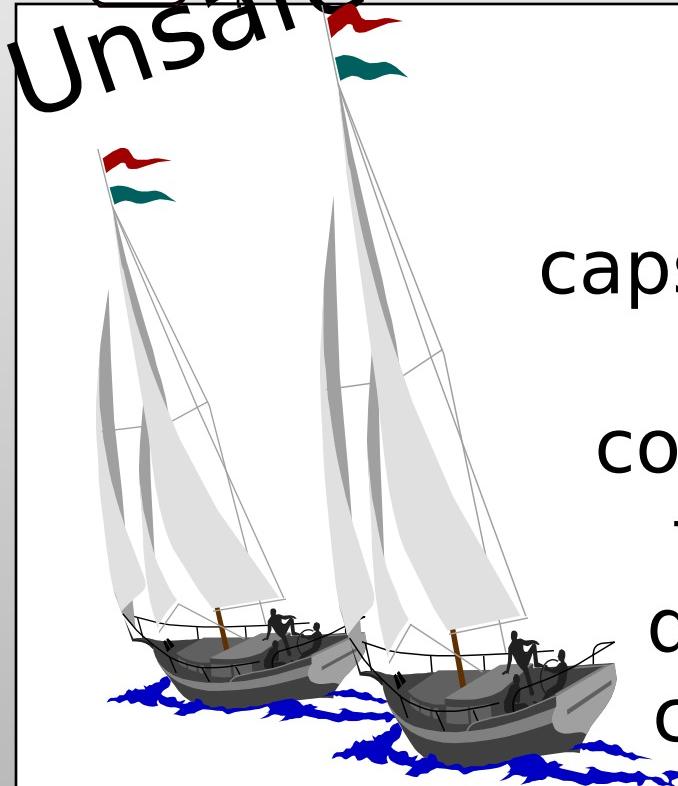
Boating Safety

Summer Safety



Unsafe Acts

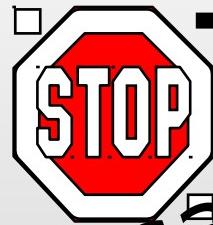
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Most boating mishaps involve capsizing, falls overboard and

collisions. About 90% of all fatalities are caused by drowning and in nearly all cases personal floatation (PFD's) were **NOT** used.

Summer Safety



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Unsafe Acts

BOATING LIMITS

- Limit Loading Your Boat To Recommended Capacity
- Limit Movement Inside the Boat
- Limit Boating to Safe Weather and Water Conditions

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Unsafe Acts

BOATING SAFETY TIPS

- Yield Right Of Way
- Awareness Of Others
 - No Alcohol
 - Safe Speed
- Safe Boating Course
- Float Plan



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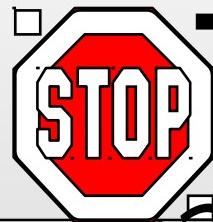
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Unsafe Acts

BOATING SAFETY TIPS

- Don't Overload
- Don't Loan To Inexperienced Operators
- Wear Proper Clothing
 - Maintenance



Summer Safety



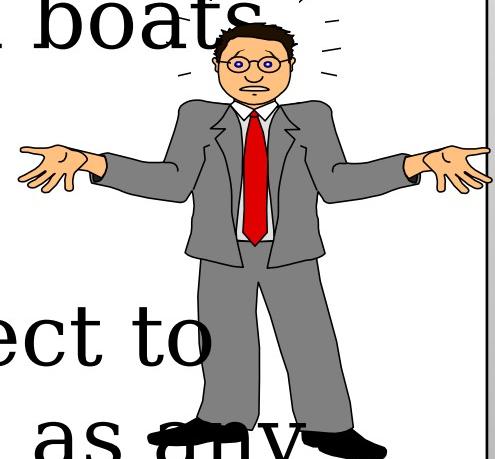
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Unsafe Acts

JET SKIS

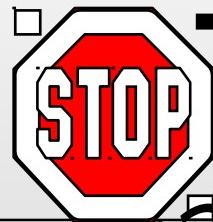
“Jet Skis” or “personal watercraft” are classified as Class A inboard boats

What does that mean?

- It means that they are subject to the same rules and regulations as any other power boat.



Summer Safety

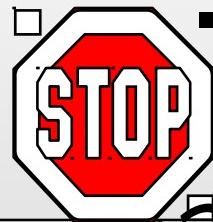


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Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

Exhaustion can be brought on by lying in the sun too long, alcohol, swimming too long, or starting out tired. Know Your Limits And Rest.

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Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

Alcohol and Water
= Trouble



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RISK MANAGEMENT

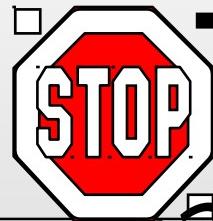
POINTER

Drinking
And
Boating
Don't Mix

WATER SAFETY



Summer Safety



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Unsafe Acts

WATER SAFETY
RISK MANAGEMENT
POINTER

PERSONAL FLOATATION DEVICE

It Won't Work

If You Don't Wear It

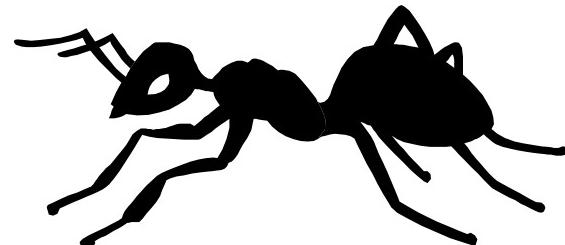
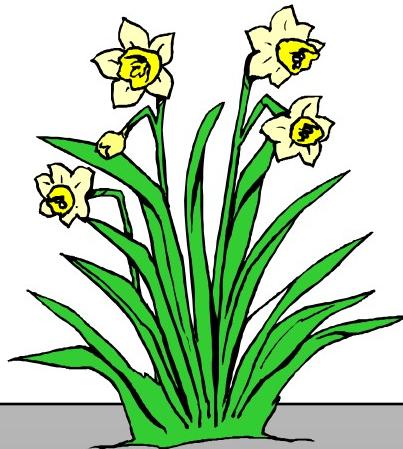
Summer Safety



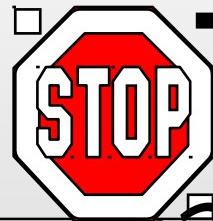
*CNRF Summer Safety
Unsafe Acts*

Unsafe Acts

Outdoor Safety Critters And Plants



Summer Safety



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Safe Acts

Unsafe

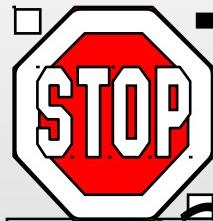
ANIMALS AND REPTILES



HAZARDS:

- Rabies: Avoid wild and domestic animals, including dogs and cats. Foxes are primary carriers of rabies.

Summer Safety



CNRF Summer Safety

~~Safe Acts~~

~~Unsafe~~

ANIMALS AND REPTILES

HAZARDS:

- Rodents can carry a variety of diseases and contaminate food and water. Keep all food and snacks stored in impenetrable containers.



Summer Safety



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Unsafe Acts

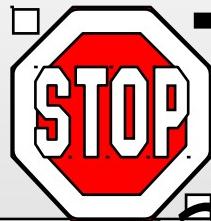
ANIMALS AND REPTILES

Poisonous snakes

- Several types of dangerous snakes are found throughout the United States. Treat all snakes as if they are poisonous. Most snake bites result from handling snakes.



Summer Safety



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Unsafe Acts

ANIMALS AND REPTILES

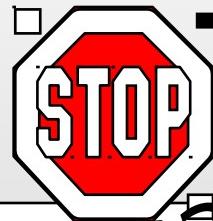
Poisonous snakes

FIRST AID:

- Remain calm and keep victim quiet
- Do not cut or bite section
- Remove any tight or restrictive clothing or object from affected extremity



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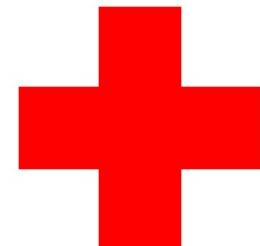


CNRF Summer Safety
Unsafe Acts

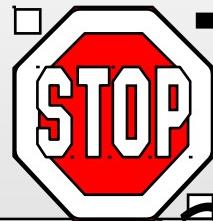
ANIMALS AND REPTILES **Poisonous snakes**

FIRST AID:

- Place ice over bite area
- Apply constricting bands (loose enough to insert finger between band and skin)
place one band above and one below the bite. For hand or foot place above wrist or ankle.



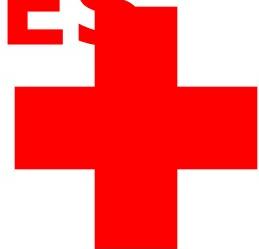
Summer Safety



CNRF Summer Safety
Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



FIRST AID:

- Immobilize affected part in a position below heart level
- Evacuate immediately
- Identify snake if possible. If not and snake can be killed without endangering anyone, kill it without damaging the head.

Summer

Safety

CNRF Summer Safety



Unsafe
Acts

Bug Bites

ARTHROPODS (BUGS) ARE RESPONSIBLE FOR
TRANSMITTING DISEASES, INFILCTING PAINFUL
BITES OR STINGS, AND BEING A NUISANCE

* APPLY INSECT REPELLENT *

Summer

Safety



CNRF Summer Safety

Unsafe Acts

**Seek Medical Attention
If You You Have**

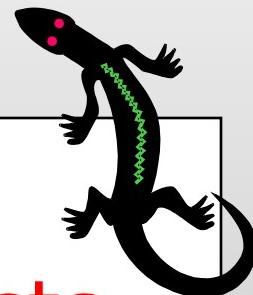
- Unusual Bite
- Tick Bite (Do Not Remove Tick)
- Multiple Bites

Summer Safety



CNRF Summer Safety
Unsafe Acts

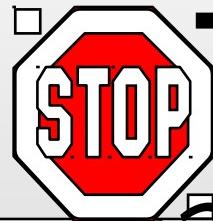
INSECTS



Ticks, spiders, scorpions, and insects

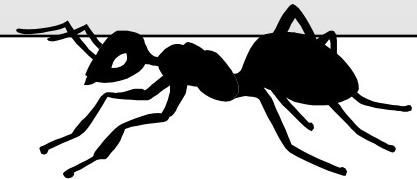
- Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand and that it is complete.

Summer Safety



CNRF Summer Safety
Unsafe Acts

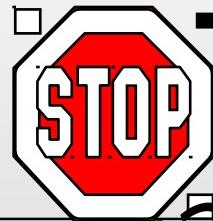
INSECTS



Ticks, spiders, scorpions, and insects

- Use insect repellent (according to directions) and keep trousers tucked into boots.
- Check bedding before use, avoid sleeping or leaving clothes in damp places.

Summer Safety



CNRF Summer Safety
Unsafe Acts

INSECTS

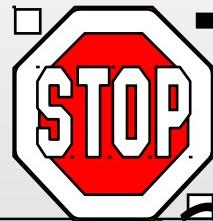


Ticks, spiders, scorpions, and insects

FIRST AID:

- Grasp tick with tweezers as close to the point of attachment as possible, being careful not to squeeze its abdomen, and exert steady, gentle pressure. Take care not to break off and leave mouth parts in the skin. Apply antiseptic to the bite site.

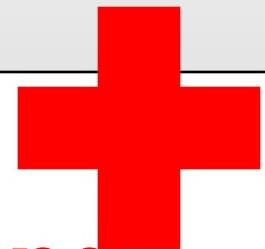
Summer Safety



CNRF Summer Safety
Unsafe Acts

INSECTS

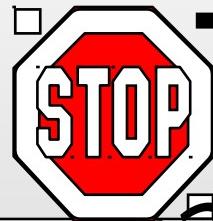
Ticks, spiders, scorpions, and insects



FIRST AID:

Scorpion stings: Do not perform incision or suction of venom. Immerse sting area in ice or cool water or use an ice pack on it. Evacuate immediately for medical treatment.

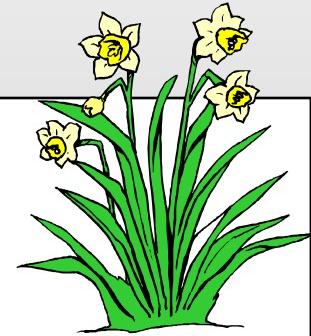
Summer Safety



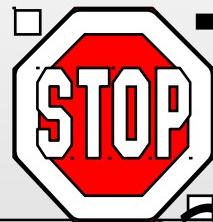
CNRF Summer Safety
Unsafe Acts

POISONOUS PLANTS

Several types of plants can cause burning, or blistering if the bare skin comes in contact with them. There are several plants/trees (including their leaves, berries, fruit, and nuts) that can cause illness or even death if eaten.



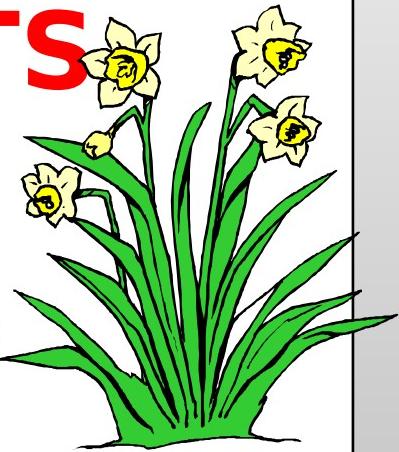
Summer Safety



CNRF Summer Safety
Unsafe Acts

POISONOUS PLANTS

Assume all plants are
poisonous-



Don't eat them or rub them
on the skin.

Summer

Safety

CNRF Summer Safety



Unsafe Acts